



What You Can Expect From Me as Your Coach

1. Commitment to an open, honest, and collaborative partnership.
2. Respect the confidentiality agreement we make, to the extent permitted by law in British Columbia, Canada. In an organization setting, or in the case of your sessions being sponsored by a third party, an additional agreement will be discussed and signed regarding privacy.
3. Help you create a vision for working towards what is significant and meaningful to you.
4. Support your ownership of realistic goals.
5. Encourage you to take action in key areas, to initiate resolving problems and to learn skills to accomplish your goals.
6. Expand your view of what is possible and promote discovery of new insights.
7. Give you input, straight feedback or operate as a sounding board.
8. Listen carefully to what you say and ask questions to provoke awareness.
9. Be a resource or share resources to use in accomplishing your goals.
10. Tell the truth and act with integrity.
11. Offer, when appropriate, interventions and protocols that may assist in breaking through barriers to progress.

What I Expect from You as My Client

1. Cultivate a core honesty with yourself.
2. Examine what you think you want and need and determine goals that are truly meaningful and significant to you.
3. Be committed to your own goals and vision.
4. Experiment with new approaches and practice new behaviours.
5. Come to the coaching session prepared to show up for your self.
6. Actively participate in sessions to make sure you focus on what is important to you.
7. Provide me feedback on how the coaching is valuable and what you need.
8. Be open to hearing my feedback and let me know whether it fits.
9. Begin sessions with progress reports, discuss challenges, and end with action plan.
10. Agree to do fieldwork before the next session to practice skills and behaviours.
11. Do your fieldwork each week to bring about results or changes you desire.
12. Take ownership for your progress and accomplishments.